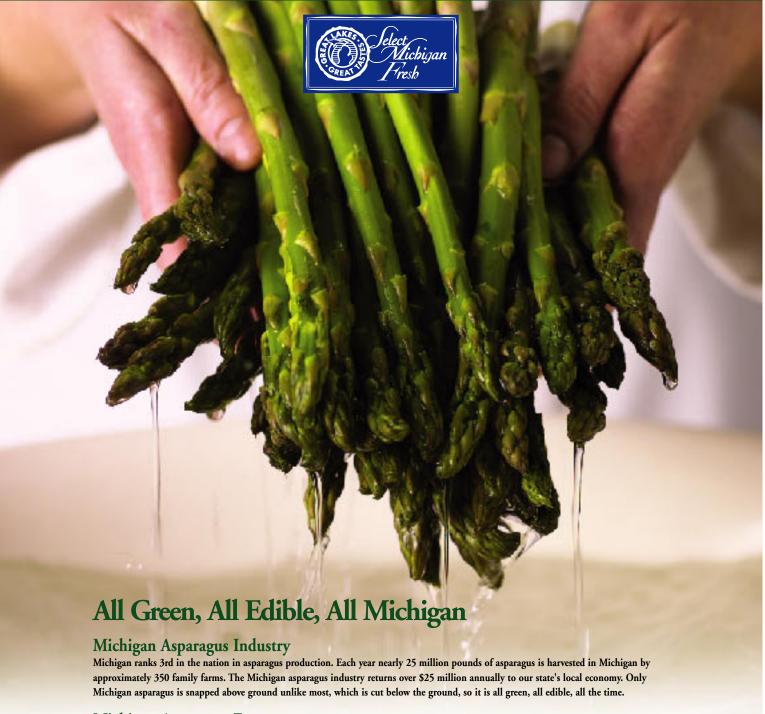
## Select Michigan Fresh Asparagus



## Michigan Asparagus Facts

Once established, an asparagus field will produce tender, great tasting spears each spring for 15 to 20 years. Each asparagus field will be harvested 20 to 30 times during the months of May and June. Under ideal conditions, an asparagus spear can grow 10" in a 24-hour period.

## Michigan Asparagus Is Healthy For You

Asparagus is one of the most nutritionally well-balanced vegetables in existence. It contains no fat or cholesterol. It is low in calories and sodium, and a good source of fiber, vitamins and nutrients.

Asparagus is the leading supplier among vegetables of Folic acid, important to all woman of childbearing age. Asparagus is an excellent source of Glutathione, one of the most potent anticarcinogens and antioxidants found within the body.

## ENTER TO WIN! A Fabulous Weekend in Oceana County Win a chance for your family to be Guest of Honor at the National Asparagus Festival Courtesy of the Michigan Asparagus Committee Check W-Lite Website for details